



## Bioterrorism Telecast Gives News Media a Direct Connection

Think how you've heard about significant events in the world. Odds are you learned about them through the media.

With radio, TV, newspaper, and online news outlets, information-sharing in our society revolves around the media. Public health experts say that working in partnership with media representatives is crucial when communicating about any public health crisis or emergency.

With this in mind, the Indiana State Department of Health recently presented an interactive satellite telecast on bioterrorism preparedness to a statewide audience of media representatives.

The January 10, 2003, program, "Bioterrorism and the Media," was co-sponsored by the Hoosier State Press Association and the Indiana Broadcasters Association.

The two-and-a-half-hour information and discussion session included presentations from several ISDH experts, along with information from Indiana State Health Commissioner Greg Wilson, M.D.; Virginia Caine, M.D., Marion County health department director; and Deborah McMahan, M.D., Ft. Wayne/Allen County health commissioner. The media addressed questions to these experts through a toll-free telephone hook-up.

Telecast from the studio of WTIU-TV on the Indiana University Bloomington campus, the program was uplinked to 25 Indiana Higher Education Telecommunication System (IHETS) sites throughout the state to create a network of viewing locations geographically convenient to the media. The telecast also was distributed by C-Band satellite, so that TV stations with that capability



**TELECAST PRESENTERS** include (top left, l. to r.) Marion County and Allen County Health Officers Virginia Caine, M.D., and Deborah McMahan, M.D., respectively; (top right, l. to r.) Office of Public Affairs Director Margaret Joseph; State Health Commissioner Greg Wilson, M.D.; and (bottom, l. to r.) ISDH epidemiologist Pam Pontones; Chief Deputy State Fire Marshall Mike Bigler; ISDH epidemiologist Hans Messersmith; and State Epidemiologist Bob Teclaw.

*Video clips edited by Dennis Rediker and Dan Axler*

could tune in and view the program right in their studios.

According to Margaret Joseph, director of the ISDH Office of Public Affairs, media outlets and public health agencies share a common goal: accurate, timely information-sharing.

"Presenting a program like this helps to expand upon our positive relationship with the media – promoting a dialogue based upon mutual respect and trust," Joseph said. "With this type of relationship in place, we can all work together in the event of a crisis to get the necessary information to people in time to save lives."

The program opened with a welcome from Clifford Ong, director of the Indiana Counter-Terrorism and Security Council. Expert presenters/panelists for the first segment of the telecast included State Epidemiologist Bob Teclaw; Mike Bigler, chief deputy state fire marshal; and epidemiologists James Howell, Pam Pontones, and Hans Messersmith from ISDH. These presenters offered background information about likely

bioterrorism agents, including smallpox and anthrax, and responded to questions from the media.

The second segment of the program was moderated by Jon Schwantes of the Dispatch Printing Company, and featured the three health officers, Margaret Joseph, and Alden Taylor, public information officer for Indiana's State Emergency Management Agency. This segment addressed issues of public health and media communication during a bioterrorism attack, and also included an interactive question segment.

More than 80 reporters, editors, producers, and other media representatives

viewed the program from around the state. A Webstreamed version of "Bioterrorism and the Media" is available on the Department's Web site (<http://www.IN.gov/isdh>) by selecting "Emergency Response." From media input received since its telecast, the program was well received. Coverage of the program was featured by several media outlets, including *The Evansville Courier & Press*, *The Post-Tribune* in Merrillville, and *The Times* in Valparaiso.

The Bioterrorism and the Media telecast was developed as part of the ISDH's communication initiatives related to bioterrorism. The Office of Public Affairs has been developing these programs with support from members of the Risk Communication Advisory committee, which includes representatives from local health departments, other state departments, and the media. These initiatives are ongoing and will include numerous efforts over the next several months. Upcoming programs include two public television broadcasts about bioterrorism and public health.

# State Officials Observe Women's Heart Week

February 1-7, 2003, has been designated Women's Heart Week in Indiana to encourage women to learn the "Heart Truth" about their risk of heart disease.

Coronary heart disease is the leading cause of death for American women. According to the American Heart Association, 38 percent of women who have heart attacks die within a year. The Women's Heart Foundation reports that two-thirds of women who die suddenly of a heart attack had no prior symptoms.

"We must alert health care providers and women that we take the risk of heart disease more seriously and personally," said State Health Commissioner Gregory Wilson, M.D. "Having just one risk factor can double your risk for developing heart disease."

The risk factors for heart disease are

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

The State Department of Health's

Office of Women's Health is promoting "The Heart Truth," a national awareness campaign on heart disease.

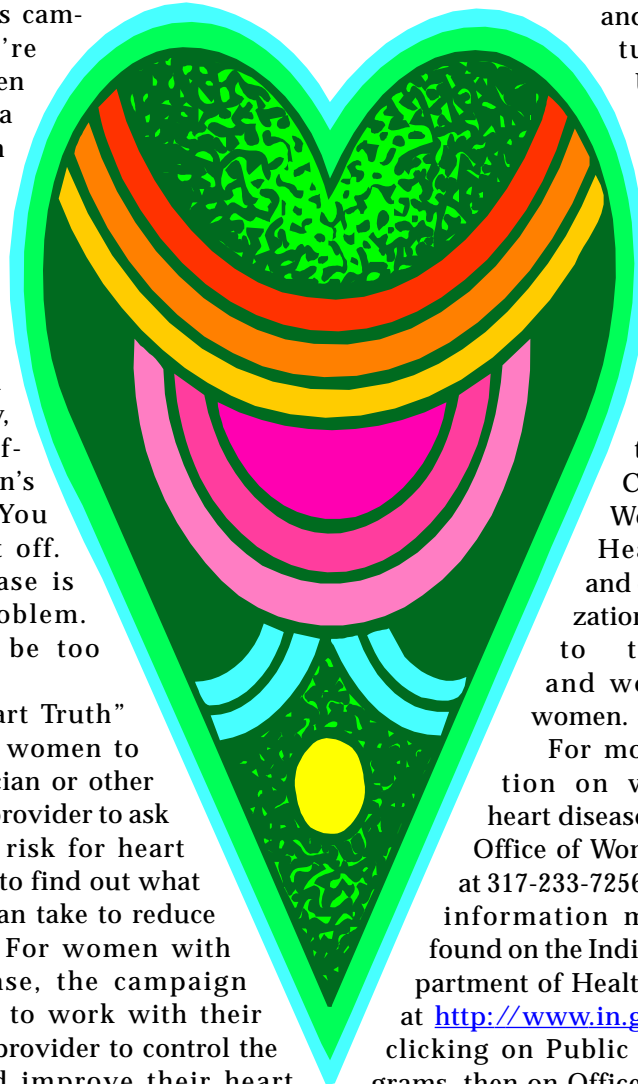
"With this campaign, we're telling women that there's a lot you can do to protect your heart health, but you have to begin today," said Barbara Levy Tobey, director, Office of Women's Health. "You can't put it off. Heart disease is a 'now' problem. Later may be too late."

The "Heart Truth" encourages women to see a physician or other health care provider to ask about their risk for heart disease and to find out what steps they can take to reduce their risk. For women with heart disease, the campaign urges them to work with their health care provider to control the disease and improve their heart

health.

The campaign is sponsored by the National Heart, Lung, and Blood Institute and the U.S. Department of Health and Human Services, in partnership with the American Heart Association WomenHeart: the National Coalition for Women with Heart Disease, and other organizations committed to the health and well-being of women.

For more information on women and heart disease, contact the Office of Women's Health at 317-233-7256. Additional information may also be found on the Indiana State Department of Health's Web site, at <http://www.in.gov/isdh>, by clicking on Public Health Programs, then on Office of Women's Health.



**Table 3-1(INDIANA) Five Leading Causes of Death by Reported Sex  
Indiana Residents, 2000**

| TOTAL POPULATION                   | Number        | Age_Adj Rate  | TOTAL MALE                         | Number        | Age_Adj Rate    | TOTAL FEMALE                       | Number        | Age_Adj Rate  |
|------------------------------------|---------------|---------------|------------------------------------|---------------|-----------------|------------------------------------|---------------|---------------|
| Diseases of the Heart              | 16,140        | 271.15        | Diseases of the Heart              | 7,873         | 345.83          | Diseases of the Heart              | 8,267         | 218.84        |
| Malignant Neoplasms                | 12,782        | 213.76        | Malignant Neoplasms                | 6,615         | 269.82          | Malignant Neoplasms                | 6,167         | 178.72        |
| Cerebrovascular Diseases           | 4,212         | 70.92         | Cerebrovascular Diseases           | 1,570         | 73.04           | Cerebrovascular Diseases           | 2,642         | 69.06         |
| Chronic Lower Respiratory Diseases | 3,049         | 51.18         | Chronic Lower Respiratory Diseases | 1,538         | 67.34           | Chronic Lower Respiratory Diseases | 1,511         | 41.93         |
| Accidents                          | 2,083         | 34.46         | Accidents                          | 1,287         | 47.17           | Diabetes Mellitus                  | 914           | 25.55         |
| <b>ALL CAUSES</b>                  | <b>55,209</b> | <b>925.23</b> | <b>ALL CAUSES</b>                  | <b>26,719</b> | <b>1,132.91</b> | <b>ALL CAUSES</b>                  | <b>28,489</b> | <b>780.18</b> |

**HEART DISEASE IS SHOWN TO BE THE LEADING CAUSE OF DEATH IN INDIANA** for both men and women in a table produced by staff on the Data Analysis Team, Epidemiological Resource Center, at the Indiana State Department of Health. The table is one of an extensive number that can be accessed from the State Department of Health Web site at <http://www.IN.gov/isdh>.



# Contribution of 'Soul Food' to American Cuisine Has Roots in U.S. Black History

Good nutrition was very likely a part of the lifestyles of those African Americans who have made significant contributions to the fields of science, medicine, and nursing—individuals whose accomplishments have been covered in previous years' issues of the *Express*, in recognition of Black History Month in February.

Since health is so closely connected to and influenced both by exercise and nutrition, an investigation of the evolution of soul-food dishes seemed interesting and worthwhile.

The comments of Marilyn Helton, health newsletter editor, tells the story:

*Soul food is fondly described as "food made with feeling and care." It has evolved from African customs, influenced by Southern cookery practices, and regionally influenced by West Indian, Caribbean, and French cooking. Since slaves had virtually no control or choice in life, cooking became a way to express feelings, share love, and nurture family and sorrow.*

*Food became comfort while in bondage and, because they could control cooking, it was one of their few real pleasures and a way to feel free.*

*The slave trade brought four major contributions to soul and southern cuisine. Sesame seeds, cowpeas or black-eyed peas, okra, and watermelon seeds were originally brought to North America from Africa. The peanut, originating in South America, was also introduced to North America by way of the slave trade.*

*Soul food was hearty nourishment that met the intense labor needs in the days of African-American slavery. Corn, rice, and beans met physical energy needs with carbohydrate and added fiber. The sparse but fatty meat scraps were sparing sources of protein and green vegetables provided essential vitamins and minerals. Even the cooking water, which was full of nutrients & called "pot likker," was drunk or used in soups and stews. Watermelon, which is more than 90% water, replenished fluid lost while toiling in the hot sun.*

*With food supplies limited to the vegetables they could grow near their quarters and only a very limited amount of free time for hunting or fishing, African-Americans found preparing food tastefully to be one of*

*their rare creative outlets. African traditions helped them to combine complementary ingredients with small portions of meat stretched to flavor vegetable dishes. Rice and corn were combined with beans and peas in dishes like "Hoppin' John." Poke Salad, a combination of greens, including dandelions and cresses, was common. Hot spices and hearty seasonings such as garlic, peppers, bay leaves, and hot pepper sauces resulted in French-influenced Creole dishes such as jambalaya and okra in dishes like gumbo. Thus was the birth of soul food, beginning with the arrival of the first African slaves in the new land.<sup>1</sup>*



## Heart-Healthy Home Cooking African American Style



NATIONAL INSTITUTES OF HEALTH  
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE  
AND OFFICE OF RESEARCH ON MINORITY HEALTH

**COOKBOOK** with 27 varied healthy African American recipes can be found on line at the National Institutes of Health Web site: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm>

One reason advanced by nutritionists for the high rate of obesity among all cultural groups is the persistence of a diet heavy in carbohydrates, once required for heavy physical labor, but today no longer needed. The same quantity of carbs, once used as the body's fuel for work, without a significant amount of exercise to use them, are stored by the body as fat, leading to overweight and obesity—major risk factors for cardiovascular problems and diabetes.

Beyond limiting the quantity of carbohydrates to sensible portions and getting sufficient exercise, Danielle

Patterson, director, Office of Minority Health, says the best soul food dishes are those with a heavier emphasis on vegetables and less on carbohydrates and fried food of any kind. She also mentioned the need for exercise to burn calories and reduce body weight.

"Soul food dishes can be tasty and good for you, but we need to help people learn to eat food low in sodium, cholesterol, and fat," Patterson said.

### Chicken Gumbo With Rice

The name "gumbo," is derived from "gombo," the West African word for okra, which is a primary ingredient of most gumbos. Below is Marilyn Helton's recipe for chicken gumbo with rice. Helton is editor of "Cinnamon Hearts" a newsletter dedicated to "the art of living a winning diabetic lifestyle."

Makes 12 servings.

2 Tbsp lower fat margarine  
1 medium onion, chopped (1 Cup)  
1 stalk celery, chopped  
1 small green pepper, chopped  
1 pkg (16 oz) frozen black-eyed peas  
4 cups chicken broth  
1 Tbsp fresh lemon juice  
1-1/2 tsp salt  
1 tsp Worcestershire sauce  
1/4 tsp pepper  
1 bay leaf  
12 cups cooked chicken, diced  
1 pkg (10 oz) frozen corn  
1/2 pound (8 oz) okra, sliced  
Hot cooked rice

Melt margarine in large saucepan on medium-high heat. Add onion, celery, and green pepper; cook and stir until onion is tender. Add peas, broth, lemon juice, and seasonings; bring to a boil. Reduce heat to low; cover and simmer 45 minutes.

Add cooked chicken, corn, and okra; return to boil, stirring occasionally. Reduce heat to low; cover and simmer 6 minutes or until okra and corn are tender. Remove bay leaf. Serve with rice.

**Nutritional Information** (per serving, gumbo only): 143 Cal; 3gm Total Fat; 18gm Carb; 20mg Chol; 671mg Sodium; 13gm Protein; 4gm Fiber.

<sup>1</sup> "Soul Food History: The Black Family Dinner Quilt Cookbook," Tradery House, 1993, by permission of Marilyn Helton. The essay appeared recently at the diabetes section of the What You Need to Know About, Inc. Web page: <http://diabetes.about.com>. Helton's separate Web site Cinnamon Hearts—The Art of Living a Winning Diabetic Lifestyle is located on the Web at <http://www.cinnamonhearts.com>.

# Office of Oral Health Conducts Dental Sealant Survey to Assess Progress and to Promote *Healthy People 2010* Objective

In observance of National Children's Dental Health Month in February, Carmine Griffis, State Dental Hygienist, Office of Oral Health, says that Oral Health is in the midst of conducting a dental sealant survey of up to 5,000 selected 3rd grade students in potentially what may be 222 Indiana 3rd grade classrooms.

This fourth annual survey is being conducted to assess current progress toward reaching the Healthy People 2010 plan goal of assuring that the teeth of at least 50 percent of all Hoosier 3rd graders have had sealants placed by the year 2010. The survey also serves to help parents, teachers, and school administrators become mindful of their individual importance in accomplishing that goal.

Healthy People 2010 is a multifaceted national master plan for both measuring and promoting the improvement of many health factors of all citizens by the year 2010.

The plan was developed through interdisciplinary involvement of a cross section of health care professionals, citizen groups, and local leaders, selected from across the U.S.

Survey preparations at Oral Health started in November 2002. At the schools that participate in the survey,



**THEME OF THE NATIONAL CHILDREN'S DENTAL HEALTH MONTH,** "Don't let your smile become extinct," plays on youthful fascination with dinosaurs. The goal is to direct the attention of children to the fact that eating right, keeping teeth clean and gums healthy, and making regular checkup visits to the dentist, will help.

questionnaires will be sent home with the children to be completed by parents and returned to the Office of Oral Health.

As part of the survey, each child will receive a new toothbrush.

"The boxes of toothbrushes will arrive for the teachers in February for distribution during National Children's Dental Health Month," Griffis said.

In a separate but related initiative conducted by the Office of Oral Health, other materials, designed to involve many more children during National Children's Dental Health Month, were

mailed in November to a total of 2,334 locations, comprising 1,180 public schools, 644 non-public schools, 114 MCH clinics not funded by ISDH, 47 ISDH funded MCH clinics, 94 local health department public health nurses, 87 Step Ahead programs, 56 WIC clinics, 54 Head Start programs, 35 community dental clinics, and 23 nurse-managed clinics, according to Griffis.

She said, "Each package of materials comprises a colorful poster and activity sheets designed to be used flexibly year round, not just in February."

Griffis says that the theme of this year's National Dental Health Month is "Don't Let Your Smile Become Extinct!" The theme plays on youthful fascination with dinosaurs. The goal is to direct the attention of children to the fact that eating right, keeping teeth clean and gums healthy, and making regular checkup visits to the dentist, will help preserve teeth (and smiles) for a lifetime of usefulness.

According to Mark Mallatt, D.D.S., director of the Office of Oral Health, the posters and press kit, which were sent to each school, were made available courtesy of the Indiana Dental Association. Additional information appears on the ADA's Web site, <http://www.ada.org>.

## Edwin C. Marshall Named Vice-Chair of APHA Board



Dr. Marshall

The American Public Health Association (APHA) has elected Edwin C. Marshall, OD, MS, MPH, as Vice-Chair of its Executive Board, 2002-2003.

Dr. Marshall has been an active supporter of public health initiatives in Indiana, in the United States, and internationally through his organizational involvements, his contributions to scholarly journals, and through invited lectures and papers at both domestic and international meetings.

Dr. Marshall is currently active at the Indiana State Department of Health in the following capacities: chair, Minority Health Advisory Committee, 2000 to present; Chronic Disease Advisory Council, 2002 to present; Indiana Diabetes Collaborative, 2001 to present; and Optometric Consultant to *Healthy People 2010*, 2001 to present.

Dr. Marshall is Professor of Optometry and Associate Dean for Academic Affairs, Indiana University School of Optometry.

He is president and chair of the Board of Trustees, Indiana Optometric Association, 2002-2003; and past president and chair of the Board of Directors of the Indiana Public Health Association, 2001-2002.



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Margaret Joseph, Director of Public Affairs

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**Michael A. Hurst**  
Deputy State Health Commissioner and  
Special Counsel to the Commissioner





# It's Time for Winter 2002 - 2003 STAR Awards Nominations



**SUMMER 2002 STAR AWARD WINNERS** are pictured above receiving STAR Award plaques from State Health Commissioner Greg Wilson, M.D. (left in each photo). The winners are (left photo) Debra Isaacs, travel coordinator, Acute Care; Teresa Barlow, administrative assistant, Information Services and Policy Commission (center photo), with her supervisor, Joe Hunt, assistant commissioner, Information Services and Policy on the right; and Rick Powers (right photo).

Photo by Daniel Axler

The beginning of a new year signals that it is time once again to recognize our fellow employees for a job well done—above and beyond the expected.

Members of the ISDH Employee Recognition Committee, who will select winners of the STAR Award, are looking for nominees who have excelled in **S**ervice, **T**eamwork, **A**ttitude, and **R**espect.

The Committee welcomes your nomination from one of three categories: 1) Support (COMOT) and Labor, Trades and Crafts staff; 2) Professional, Administrative, and Technological (PAT) staff; or 3) Supervisor/Management staff. They ask that you nominate only ONE (1) employee from any one of the three categories.

One STAR Award winner will be selected from each of the

three groups.

To make your submission, fill out the nomination form that Joe Shierling will GroupWise to each employee during the coming week.

For added convenience, the nomination form has also been posted on the Forms Page of the ISDH Intranet at <http://www.isdh.state.in.us/isdhintranetforms.htm>. Please return your nomination to Joe by the submission deadline of Friday, February 21.

Traditionally, each winner is presented a STAR Award plaque and a desk pen holder and pen by the State Health Commissioner. A framed photo of the award ceremony held in the Commissioner's office is hung in the employee snack bar, and a story about each employee is featured in the *Inside Story* insert to the *Express* employee newsletter.

## Earned Income Tax Credit: Claim The Money You've Earned

As tax time approaches, it is important to ensure that all potentially eligible employees and their families are aware of and utilize the Earned Income Tax Credit (EITC). The EITC is a refundable federal income tax credit for working individuals and families with low incomes. To get the credit, individuals must file taxes and the appropriate tax claim forms. For eligible individuals and families who have not utilized the EITC in the past, there is a three-year retroactive claim. Individuals may also be eligible for the Child Tax Credit (CTC) and the EITC from the state of Indiana.



The credit amount is based upon family size and income. For earnings from 2002, the EITC could provide as much as \$4,140 to working families with incomes up to \$34,178.

This is a large amount of money that could make a substantial difference in the lives of many Hoosiers. Unfortunately, many eligible individuals and families do not claim the credit, either because they haven't heard about it, don't know they are eligible, or don't know how to apply.

Eligibility and instructions for filing can be found in IRS publication 596 available from any local IRS office, or at the following Web sites: <http://www.irs.gov> or <http://www.irs.gov/pub/irs-pdf/p596.pdf>.



# Carolers, Musicians, Regale Diners at Gala Agency Open House and Holiday Pitch in on December 18



**CAROLERS** (center photo above, l. to r.) Gloria Redfern, Kim Rief, Roselyn Whisler (obscured), Donna Dawson, Barbara Gibson, Karen Sanders, Carolyn Waller, Barbara Stultz, and Julie Schaefer are accompanied by instrumentalists Bill White (left) on the soprano saxophone and Walter Jones on the electric keyboard, while some members of the audience listen from the second floor above (top right and left photos), as others dig into a sumptuous luncheon repast (below). Open House Employee Incentive Committee members who organized the event (below right) are (l. to r.) Andrea Wilkes, Bert Harvey, Robyn Porter, Elaine Scaife, Teresa Watson, Marc LoCascio, and Martha Bonds; committee members participating but not shown are Jennifer Dunlap, Michael Hurst, Lenora Passley, Jennifer Pitcher, and Phil Zillinger.



Photos by David Pilbrow

## ISDH Inside Facts

### PROMOTIONS:

|                              |          |
|------------------------------|----------|
| Tina Austin                  | 12-22-02 |
| Finance                      |          |
| Linda Carnes                 | 12-22-02 |
| Finance                      |          |
| Hans Messersmith             | 12-22-02 |
| Epidemiology Resource Center |          |
| Nancy Meade                  | 1-5-03   |
| Local Liaison                |          |
| Christine Mickens            | 1-13-03  |
| HIPAA Compliance             |          |

|                           |        |
|---------------------------|--------|
| Patricia Gorman           | 1-6-03 |
| Long-Term Care            |        |
| Katherine Newland         | 1-6-03 |
| Maternal and Child Health |        |
| Andrew Zirkle             | 1-6-03 |
| Office of Public Affairs  |        |

### SEPARATIONS:

### NEW HIRES:

|                          |          |
|--------------------------|----------|
| Matthew McCardle         | 12-9-02  |
| Office of Public Affairs |          |
| Karen Thomas             | 12-23-02 |
| WIC                      |          |
| Harvey Guthery           | 1-5-03   |
| Acute Care               |          |
| Betty Cruz               | 1-6-03   |
| Long-Term Care           |          |
| Barbara Dagley           | 1-6-03   |
| Long-Term Care           |          |
| Kimberly Davis           | 1-6-03   |
| Long-Term Care           |          |

|   |          |
|---|----------|
| Gussie Betts                            | 12-11-02 |
| Laboratory Resource Center              |          |
| Shawntoya Jennings                      | 12-15-02 |
| Finance                                 |          |
| Cheryl Moles                            | 12-22-02 |
| WIC                                     |          |
| Ima Martin                              | 12-31-02 |
| Laboratory Resource Center              |          |
| Thomas Todhunter                        | 1-3-03   |
| Long-Term Care                          |          |
| Gardenia Rush-Jennings                  | 1-5-03   |
| Children with Special Health Care Svcs. |          |
| Deborah Guthrie                         | 1-9-03   |
| Long-Term Care                          |          |
| Susan Roberts                           | 1-17-03  |
| Epidemiology Resource Center            |          |
| Cynthia Sweigart                        | 1-17-03  |
| Long-Term Care                          |          |



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Inside  
Story

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